



Sweet Stuffed Flatbread

A simple dough with Caraway Seed and stuffed with a mix of Almond, Coconut and Sugar then toasted on a Tava. The filling can be adjusted to taste or replaced with an alternative.

Ingredients

250g Strong White Flour
2 tsp Caraway Seeds
6g Salt
10g Sugar
7g Fast Action Yeast
165g Room Temp Water
1 Tbsp Extra Virgin Olive Oil
6 Tbsp Ground Almonds
6 Tbsp Ground Coconut
3 Tbsp Cane Sugar
Light Olive Oil for cooking



Method:

Add the flour, salt, sugar and yeast to a bowl and mix together.

Add the water and extra virgin olive oil and bring the ingredients together into a dough.

Turn the dough out onto a clean dry surface and knead for 6 to 8 minutes until the dough is smooth and combined.

Return the dough to the bowl and cover for 1 hour.

Turn the dough out onto a floured surface and divide into 6 equal portions, form into balls and let rest for 15 minutes.

In a small bowl, add the almond, coconut and sugar and mix together. Add less sugar if desired.

Heat a Tava or skillet on medium high and put a little water in a ramekin for sealing the breads.

Roll out a dough ball by flattening it first with your hand and then with a rolling pin to form a thin disc about 3 to 4mm thick.

Add 2 Tbsp of the mixture to half of the dough, dip your finger in the water and run it around the edge of the dough.

Fold the dough over to make a half moon / crescent shape and press down the edges to seal, try to get most of the air out while you seal.

Brush the Tava with a little oil and cook the bread for 2 to 3 minutes on each side until golden and internal temperature should reach 92C – use a temperature probe if required.

Serve on their own or with a curry, chutney or dipping sauce of your liking.